

Clwb Triathlon Llanelli & Carmarthenshire County Council

Invite You To The

Llanelli Waterside 10K

Junior Races and Fun Runs

Event Starts 9:45am - Llanelli Festival Fields

Event Official Charity
MACMILLAN.
CANCER SUPPORT

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Junior Races - Event Details - 9:45am Start

- A great **FUN DAY** for the whole family
- **Medal** to all finishers
- Fairground attractions and **children's rides**
- Athletes with disabilities are welcome, including **wheelchair athletes**
- **FREE** face painting, caricatures and children's entertainment
- Candy Floss and sweet stall
- For **further details** please visit **www.10k.org.uk**

Children's Event Timetable

09:45am	400m	Under 7 Years	Boys & Girls
10:00am	600m	7 to 9 Years -	Boys & Girls
10:10am	1000m	10 & 11 Years -	Boys & Girls
10:20am	1500m	12 & 13 Years -	Boys & Girls
10:30am	2000m	14 & 15 Years -	Boys & Girls

ENTRY DETAILS MUST BE COMPLETED ACCURATELY, CLEARLY AND IN FULL

Surname:- _____ First Names:- _____

Address 1:- _____ Address 2:- _____

Town / City:- _____ County:- _____ Post Code:- _____

Telephone:- _____ Email:- _____

Male / Female (Insert M or F)

Age (On day of race) _____ DOB:- _____

Under 7 JM1	7 to 9 JM2	10 & 11 JM3	12 & 13 JM4	14 & 15 JM5
Under 7 JF1	7 to 9 JF2	10 & 11 JF3	12 & 13 JF4	14 & 15 JF5

Junior category Boys (Please circle)

Junior category Girls (Please circle)

If preferred you can enter on-line @ **www.RunnersWorld.co.uk**

Held under UK Athletics rules: Race permit no:- TBA Certificate of course accuracy no:- TBA

Entry Fee:- £4 - Cheques made payable to:- **Llanelli 10k**

Closing date for postal entries is:- 17th June 2008

Race numbers, and pre event information to be posted in advance of event.

Please advise where race found:- _____

DECLARATION:- I declare that I will abide by the rules of UK Athletics. I accept that the organisers will not be responsible for any loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event, however caused. I further declare that you may use my name, voice or picture in any broadcast, telecast, promotion or other account. I consent to the use of my name or records pursuant to the Data Protection Act 199

Participants for any Junior race to be signed for by guardian or parent

Signed:- _____ **Date:-** _____

Please return entry forms to:- Tim Gasser, 64 Pennant Road, Swiss Valley, Llanelli, Carmarthenshire. SA14 8EW

For further information, please contact Tim:- Tel (Home):- 01554 758036. Email:- **enquiries@10k.org.uk**